

MARAUDER



Exercise Burning Creek
Pushing security forces to the limit

MARAUDER

Top Story



PHOTO BY KAREN ABEYASEKERE

JURY DECIDE FATE OF CINDERELLA

7 1st Lt. Suzette Knight, left, 100th Air Refueling Wing judge advocate office, talks with the jury of fourth-grade students to decide whether or not Cinderella should get back wages. The mock trial was held to celebrate Law Day, May 1, at Lakenheath Elementary School.

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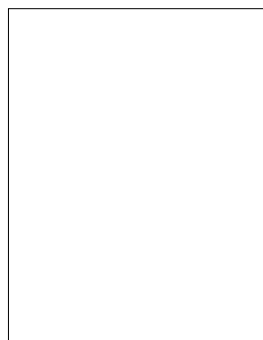
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(Photo by Karen Abeyasekere)

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Did you know...

Remember to buy mom some flowers and candy this weekend because Sunday is Mother's Day.

Magazine staff

COL. DONALD LUSTIG, COMMANDER
COL. MICHAEL CRANE, VICE COMMANDER
CAPT. SHANE BALKEN, PA CHIEF
2ND LT. ROSAIRE BUSHEY, DEPUTY CHIEF
MATT TULIS, CHIEF OF INTERNAL INFORMATION
MASTER SGT. TIM HOFFMAN, NCOIC
TECH. SGT. THERESA MCCULLOUGH, NCOIC MEDIA
STAFF SGT. CHUCK MARSH, EDITOR
SENIOR AIRMAN KATHY EARP, COMMUNITY RELATIONS
KAREN ABEYASEKERE, INTERNAL INFORMATION
SANDRA BROOKS, SECRETARY

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Airmen take notice

By COL. DONALD LUSTIG

100th Air Refueling Wing commander

As a commander, there are few things more painful than having to inform someone of the death of a loved one. This burden is made even more difficult when the person has chosen to take their own life.

According to the Air Force Surgeon General, Lt. Gen. Paul Carlton Jr., "suicide is the Air Force's most preventable cause of death and leadership and mentorship are the most important tools in preventing these tragic losses." The lives lost as the result of suicide make it the Air Force's second leading cause of death for active-duty members.

So, what can we do?

There are many factors that work into someone becoming suicidal—relationships, stress and finances are just a few. Often people will talk about death, give away possessions, and change their behaviors or attitudes toward the way they do things.

By taking an active role and learning about the signs of potential suicide, we can all help save a life. If you think someone you know could potentially be suicidal, talk to them about their problems and call for additional assistance. Life skills professionals and chaplains are always a good place to start.

The stress of our profession and our way of life are not easy, but we are part of the largest family in the world—a family that cares about its own and a family that knows it's better to step in and save a life than step back and lose one.

Step by step

(Left) Col. Donald Lustig, 100th Air Refueling Wing commander, congratulates newly striped Tech. Sgt. Robert Striverson, 100th Comptroller Squadron, on being Stripes for Exceptional Performers promoted. (Below) The 100th Supply Squadron's newest master sergeant, Anne Reddish, is awarded her STEP stripe from Lustig.



PHOTOS BY STAFF SGT. COLETTE HORTON

Early intervention key to prevention of suicides

By LT. COL. RICK CAMPISE

Air Force Suicide Prevention Program

Suicide is the second leading cause of death for active-duty Air Force people, surpassed only by unintentional injury.

Suicide awareness and the risk factors associated with suicide are key to preventing the loss of life and its traumatic consequences for our families and our communities.

May is National Mental Health Month, according to the National Mental Health Association with the first full week of May slated as National Suicide Prevention Week.

The most commonly associated factor with suicide in the Air Force is problems in intimate relationships, including marital and dating relationships.

Other high risk factors that should alert us to vulnerability include abuse of alcohol or other substances, financial and legal problems, few social ties or loneliness, prolonged unmanageable stress, and feelings of depression or worthlessness.

A key signal of distress is obsessing or talk-

ing about death, dying, and violence, as well as purchasing firearms or other weapons. This runs counter to a common misconception: those who talk about suicide will not do it.

Other significant signs that someone may be in need of assistance include withdrawing from friends and family or suddenly making amends with others, as well as sudden changes in behavior, loss of interest in work or usual activities and giving away possessions.

What can we do to help? Talking with someone directly about suicide is one of the most helpful things you can do.

Most people contemplating suicide are seeking an end to the emotional pain they are experiencing, not an end to life.

Talking with them may open doors to assistance to help them through their distress.

The key to the prevention of suicide is early intervention.

Seeking assistance and encouraging others to do the same when having difficulty coping helps prevent more serious problems from developing.

Air Force leaders have stated repeatedly that "one suicide is too many" and their actions in providing standardized tools and working to remove the stigma applied to those who turn to mental health for professional assistance bear this out.

Today, the Air Force uses an integrated delivery system that involves chaplains and professionals from Life Skills, family support, child and youth services, health and wellness centers and family advocacy—all working together and taking responsibility for prevention.

The Air Force Suicide Prevention Program began in the summer of 1996.

For the five years prior to the program's inception, the Air Force averaged 60 deaths annually, a rate of 14.3 per 100,000 personnel, the standard measurement of suicide rates nationally.

From 1999 through 2001, the service averaged 28 suicides annually, a rate of 8.1 per 100,000 personnel.

(Capt. Arianne Henry, a family advocacy officer at Andrews Air Force Base, Md., contributed to this story.)

Well done

Maj. Gen. Kenneth Hess, 3rd Air Force commander, left, congratulates Maj. Jon Larvick, 100th Supply Squadron Commander, on his unit's winning the 2002 Daedalian Award (Air Force-level) at a ceremony Tuesday.



PHOTO BY STAFF SGT. COLETTE HORTON

Students introduced to legal system

By KAREN ABEYASEKERE

100th Air Refueling Wing public affairs

Should the plaintiff be paid for all the years of work she did for her stepmother and stepsisters, or did she do no more than her share?

This was the question a jury had to answer May 1. However, this was no ordinary jury and this was no ordinary case.

This was Law Day, and the case of Cinderella vs. her stepfamily which took place in the Lakenheath Elementary School cafeteria. The scenario was performed by fourth-graders, under the watchful eyes of 1st Lt. Suzette Knight, assistant judge advocate, and Master Sgt. Delilah Stevenson, acting law office manager, 100th Air Refueling Wing legal office.

"We're trying to educate the students about how the legal system works," said Stevenson. "In this case, we have taken a fairytale and broken it down—finding a lot of issues that need to be resolved. We received a few inciteful questions at the end; the students were thinking through the process and deciding what happens next."

Both fourth and fifth graders at RAFs Lakenheath and Feltwell Elementary School and students at Lakenheath High School participated in different activities—including the trial and presentations on international law—for Law Day.

During the trial, 21 children, watched by the rest of their six classes, role-played as Cinderella, the Prince, Cinderella's stepmother—Lady Tremaine—and two sisters—Gorgonzola and Stiltona—as Cinderella sued her stepmother for back wages.

"I learned that you shouldn't be mean to



PHOTO BY KAREN ABEYASEKERE

On trial: Jessica Cherasard, left, as Cinderella, argues her case with the support of Zachary Randolph, as the prince, before a jury of her peers at Lakenheath Elementary School during Law Day. "I really enjoyed the day."

Cinderella's attorney, played by Mallie Brossett, got into her role. "I really enjoyed it—I got to interrupt people," she said, "and I learned no matter how hard you try, it is still only one group of people's decision (the jury) on what your life is going to be like."

After hearing all the evidence, the jury huddled together to decide if Cinderella was performing her chores as a member of the household, or whether she was a servant and entitled to wages.

With a majority of 10-2 the jury voted for Cinderella to be paid. "Hopefully they understand the roles played here," said Knight. "The kids got a behind the scenes view of the legal system, in a way they can relate to—not everyone knows what happens except for what they see on television."

NEWS BRIEFS

Marauder survey

The 100th Air Refueling Wing public affairs office is conducting a survey to see whether or not our readers would like to change the name of the base magazine, *Marauder*.

To take part in the survey, visit the Mildenhall intranet or e-mail the public affairs office at 100arw.paonline or marauder@mildenhall.af.mil. The survey will end May 17.

Utility outages

There will be a compressed air outage today from 8:30 a.m. to 6:30 p.m. The following facilities will be affected: Bldgs. 718, 720, 722, 724, 725, 726, 727, 728, 730, 731, 738, 739, 740, 744, 751 and 1059.

There will be a cold water outage today and Saturday from 8 a.m. to 5 p.m. The following facilities will be affected: Bldgs. 661 and 662.

There will be a power and lighting outage Saturday from 8:30 a.m. to 12:30 p.m. The following facilities will be affected: Bldgs. 195, 528, 529, 530, 534, 536, 537, 538, 539, 563, 1152 and the Auto Skills Center car wash adjacent to Bldg. 529.

There will be a power outage Thursday from 9 a.m. to 12:30 p.m. The following facilities will be affected: Officers' Quarters 246A/B, 247, 250 to 253, 254A/B, 255 to 257, 260 to 270, 271A/B, 272A/B, 273, 274A/B, 275 to 277, 278A/B, 279A/B, 280A/B, 281A, 282A/B and the sewage pumping stations adjacent to Bldg. 273. For more information, call Ext. 3918.

Lakenheath gate closure

RAF Lakenheath Gate 2 (near the Eriswell roundabout on Lord's Walk) will be closed Saturday between 6 a.m. and 8 p.m. All traffic must enter and exit through Gate 1 (Brandon gate) on the A1065. For more information, call Ext. 98-2244 or Ext. 98-1426.

Changing hours

The civilian personnel flight and Keesler Federal Credit Union started Wednesday with new hours for the building. The front door will open from 7:30 a.m. to 4:30 p.m. The civilian personnel flight job information counter is open from 9 a.m. to 4 p.m. and KFCU is open from 8:30 a.m. to 3:30 p.m.

NEWS BRIEFS

AFAF Update

Members of the U.S. Air Forces in Europe epitomized this year's Air Force Assistance Fund theme "Commitment to Caring" by exceeding the command monetary goal by 33 percent. Every base in the command surpassed their goal helping to raise more than \$528,000. Team Mildenhall exceeded its goal of \$57,998 by 30 percent, raising \$75,228.30.

Team Mildenhall raised this much "with the diligent efforts of our key workers and the generous giving by our personnel," said Senior Master Sgt. Elijah Valley, Mildenhall's AFAF coordinator.

The funds raised by the annual AFAF campaign support the Air Force Aid Society, the Air Force Enlisted men's Widows and Dependents Home Foundation Inc., the Air Force Village Indigent Widow's Fund and the Gen. and Mrs. Curtis E. LeMay Foundation.

Spread the word

The 351st Air Refueling Squadron is hosting the Air Force Selection Board Secretariat who will be giving a "Spread the Word" briefing on promotions. Also on hand will be an Air Force Personnel Center Airman Assignments officer to brief on enlisted assignments.

The promotion briefings will take place in the base theater Tuesday from 9 to 11 a.m. and Wednesday from 1 to 3 p.m. The enlisted assignment briefings are Tuesday from 1 to 3 p.m. and Wednesday from 9 to 11 a.m.

There will also be a spouse's meeting Monday in Bldg. 809 at 7 p.m. For more information, call Capt. Kelly Martin, 351st ARS, at Ext. 5256.

Bus schedule

Effective Monday, the RAFs Mildenhall and Lakenheath shuttle bus service will change times. For the updated schedule, go to the Mildenhall public folders section in the e-mail system under public folders/RAF Mildenhall/bulletin boards/Transportation tidbits/shuttle bus service.

More ID

The 100th Security Forces Squadron would like to remind members to always have two forms of ID available for entry to the installation.

For more information, call the Mildenhall Anti-terrorism Force Protection office at Ext. 7378.



PHOTO BY STAFF SGT. COLETTE HORTON

Big winner

Patrick Hebert walks away with a stuffed animal from one the game booths at this year's Mayfair Bazaar, as his mother, Pao, right, looks on. The Bazaar, held May 3 to 5, raised more than \$60,000 of which a significant amount will be donated to numerous local charities.

FSC honors military spouses

BY STAFF SGT. CHUCK MARSH

100th Air Refueling Wing public affairs

Today, National Military Spouse Appreciation Day, the family support center honors spouses with a host of activities ranging from classes on car care and self defense to information booths, massages and a bouncy castle for the kids.

"This day was enacted by presidential proclamation as a day military communities express their gratitude and appreciation for the immeasurable contributions of military spouses," said Lori Hoffman, Family Life Education Program manager.

The day and events offered are only a slight token of thanks for the everyday support spouses give.

"Many people will say their spouse is special, but none can quite compare to that of a military spouse," said Hoffman, wife of Master Sgt. Tim Hoffman, 100th Air Refueling Wing.

"Military spouses are a unique breed," said Hoffman. "Their everyday life is like no other. They are expected to pack up an entire household at the drop of a hat, even if it means losing friends and changing schools.

"This means keeping cherished possessions to a minimum. Personal careers are often put on the back burner for the sake of the country," she said.

"Military spouses endure lengthy separa-

tions, forcing them into many different roles including both mother and father," said Hoffman.

Military members recognize the struggles and appreciate the support.

"My wife is important because she can spend quality time getting involved in our children's lives when I am gone," said Staff Sgt. Phil Nyderek, 100th Air Refueling Wing.

"She is always very understanding and willing to make changes to cater to the military life. She often makes sacrifices when the military calls for my services," said Nyderek.

"My wife makes my life easier by ensuring my children are always taken care of, whatever the need; taking the burden from me having to worry," he added.

"I couldn't tell you how hard it must be, but I can tell you that I wouldn't want to do it," he said.

The family support center is a central point for daily support of military spouses. Many of the clients served at the FSC are military spouses. The FSC strives to meet the needs of the entire military family from issues of relocation to employment.

Specific programs RAF Mildenhall offers spouses are: Newcomers Spouses Tea, Military Mysteries, Hearts Apart, Readiness Deployment Supports, Key Spouse Program, Spouse Employment, Parents and Tots, Bundles for Babies and Parenting During Deployments.

Touring the tanker

Capt. Kelly Martin, 351st Air Refueling Squadron, gives Richard Spring, Member of Parliament for West Suffolk, a tour around the KC-135 prior to his orientation flight with Col. Donald Lustig, 100th Air Refueling Wing commander, May 3. Among Mr. Spring's constituencies are Mildenhall and Lakenheath, encompassing almost 25,000 Americans.



PHOTO BY TECH. SGT. DEBAL VARADO

New system improves efficiency, service in base dining facilities

By MATT TULIS

100th Air Refueling Wing public affairs

RAF Mildenhall became the 63rd base in the Air Force Tuesday to be outfitted with the latest in foods technology.

New computer software, Corporate Food Service, implemented by the Air Force Services Agency, is standardizing dining facilities throughout the Air Force, while eliminating paperwork for food managers dealing with inventories, menus and recipes.

"We have given the manager back the time it takes to run the facility, no longer confined to managing a computer system," said Senior Master Sgt. Jim Krueger, chief of the food service operations team at AFSA, based in San Antonio. "Centrally, an Air Force system will push standardized menus and recipes directly to them, saving them the time of creating them locally. Now, they have the time to concentrate on the refinements of presentation, atmosphere and true customer service."

Management here is looking forward to getting out from behind their desks.

"It cuts down on the amount of time we sit behind a desk and do paperwork," said Tech. Sgt. Anthony Rogiano, 100th Services Squadron food services superintendent.

"It's going to allow us to get out and talk to the customers a bit more and talk to my folks on the floor," said Rogiano. "Basically, it will free up some time, allowing us to take an active role."

The system also keeps the dining facility's

recipes up-to-date with nutrition experts at the AFSA and best available pricing with local vendors.

"We can make good menus with sound, nutritional decisions and send those to the bases much faster," said Krueger. "If managers find local recipes or trends change, they simply send the information to the central site, recipes are built, products sourced and that site is then pushed for the information needed to start offering new items to the customer. This process once took months, now it's down to days using e-mail."

With the new efficiencies, patrons may notice some changes.

"It's possible the prices may change a little, so we just ask for patience," said Rogiano. "But the good news is the quality of food will go up."

As the staff familiarize themselves with the new system, the wait at the register may also be a little longer, Rogiano said.

However, the primary dining facility customers will see one important benefit.

"Under the old system, we had to limit the amount of food an airman on a meal card received going through the line the first time," said Rogiano. "Now they can go through one time and select exactly what they want. Folks need to understand that our primary customer is the meal card airman. That's who this program is designed for," said Rogiano.

(Information provided by Senior Master Sgt. Jim Krueger, Air Force Services Agency)



SPENCER



Twenty-one-year old Senior Airman Danielle Spencer is a personnel security specialist with 100th Security Forces Squadron. Her duties include reviewing and processing personnel security investigations for Mildenhall and associated units. The Ames, Iowa, native has been a member of Team Mildenhall for 15 months of her three-year Air Force career.

What is the most memorable event of you Air Force career?

Meeting the Secretary of the Air Force when I was deployed—it was nice that someone of his stature was interested in my viewpoints.

What was a highlight you remember of Exercise Burning Creek?

It was a great learning experience. The toughest part was staying motivated and alert and the best was coming out of the field and taking a real shower.

Where do you see yourself in five and 10 years?

In five years I will be finishing my master's degree and in 10 years I will be working as a forensic psychologist.

"Senior Airman Spencer is a very hard worker and displays tremendous initiative. Her performance is vital to the wing's mission accomplishment during the war on terrorism."

--Tech. Sgt. Douglas Holmes
100th Security Forces Squadron

Airmen increase skills, strengthen defense

By KAREN ABEYASEKERE

100th Air Refueling Wing public affairs

“Room clear! Room clear! All clear!” As camouflaged figures with painted faces sweep through the forest and storm the buildings in Eastmere Village, checking each room is safe from the enemy, the sound of M-60 and M-16 gunfire fills the air.

With fires burning all around them, explosions, smoke grenades and trip flares are just some of the hazards and obstacles the troops encounter while negotiating the dangers, using their patrolling, defense, rifle and range skills to keep each other safe.

Exercise Burning Creek, a security forces exercise involving troops from RAFs Mildenhall and Lakenheath, along with members from Aviano Air Base, Italy, was held April 15 to 28.

A total of 110 students—75 from Mildenhall, 31 from Lakenheath and four from Aviano—spent almost two weeks at Bodney Camp, training in the classroom, as well as in the field. Every minute was spent in the classroom and field, training by day and sleeping in barracks by night.

The team of 17 instructors from the Creek Defender regional training center at Sembach AB, Germany, brought the troops together for training at Bodney Camp and Stanta training ground—Ministry of Defence training areas on the edge of Thetford Forest.

Though students would usually go to Sembach for the training, it was held here for logistical reasons.

“If there was a real-world emergency and the troops were required back at their home base, it would be much easier—and faster—to immediately stop the exercise and get them back here,” said Master Sgt. Sam Treat, 786th Security Forces Squadron, Creek Defender instructor.

The training includes a headquarters leadership course (learning how to operate as security forces HQ in a deployed environment) and squad core subjects covering rifleman skills, range skills, map and compass, convoy, patrolling and military operations in urban terrain.

“This training is required by each major command,” said Capt. Kirk Hughes, instructor. “The students receive classroom training, go into the field and get evaluated, then are certified when we decide they are competent,” he said.

Hughes explained the frequency of the training varies, but it must be accomplished at least once every two years.

“While they’re out here, the students will be securing an area, protecting some kind of re-

source or airstrip and setting up initial defenses. They’ll then begin to make improvements to those defenses,” said Hughes. “They’ll be given different tasks by instructors, including patrolling and looking for bad guys, then they’ll be evaluated on how they perform those duties.”

The security forces troops were being trained to prepare for real-world deployments and tasks such as building up defenses and security areas on their home station, explained Master Sgt. Todd Weidensaul, instructor.

“The students will be engaging enemy targets. We try to give them realistic (goals)—when

“CLOSE QUARTERS TRAINING IS WHAT I WANTED TO DO--THIS WAS A BIG BREAK FROM MY NORMAL JOB AND I HAD A BLAST.”
-- AIRMAN 1ST CLASS STEWART BURNS
100TH SECURITY FORCES SQUADRON

we deploy, we never know what we’re going to run into. This gives them a range of scenarios as to what could happen,” he said.

“A lot of students have had good experiences, so we try to share those with the rest of the class,” said Tech. Sgt. Clay Christianson, instructor. “We have a lot of young troops who haven’t been anywhere yet, so it’s good for them to hear about other experiences,” he said on the second day of the training. “So far I’ve already had great participation and feedback from the students.”

“Close quarters training is what I want to do—this was a big break from my normal job and I had a blast,” said Airman 1st Class Stewart Burns, 100th SFS.

The groups worked in teams during the exercise, helping and encouraging each other to get through.

During their intensive training, five squads learned how to storm a building as quickly as possible, while checking for the enemy.

This was one of the most memorable things for some of the troops.

“My squad cleared an entire floor in 7.2 seconds (one of the best times),” said Burns.

On their second day, the students were learning how to set up an M-49A1 trip flare—an early warning device used when they may not be able to cover or secure every direction or area.

In a real-world environment these flares would be attached to trees, or other avenues of approach. For exercise purposes, they are attached to wooden stakes.

“These magnesium-phosphorus ground

flares burn at more than 2,000 degrees,” said Staff Sgt. Dale Zmuda, instructor.

“When the flare is set off it produces a very bright light,” he said, “enough to light up a wide area at night, enabling the troops to see where the enemy is when they trip over the wire.”

The students also got to throw M-18 smoke grenades, which give off a vast cloud of smoke—these would be used in situations such as signaling to be picked up by a helicopter, or concealing movement. The grenades produce either yellow, green, violet or red smoke, with the color used dependent upon the situation.

The students, though put through rigorous training, said that overall they enjoyed the whole experience and learned a lot.

“I learned better ways to manage my people and the time we have to prepare our defenses,” said Capt. Paul Aparicio, 100th SFS.

“I also learned that it pays to know your people and what kind of experience they have, in order to better lead and manage them,” he said.

Staying awake for more than 32 hours at a time—and taking ice-cold showers—were some of the toughest parts of the exercise for many of the students.

“When my flight sergeants and I were so delirious from lack of sleep, we began bringing up funny things we each had done,” said Master Sgt. Nelson Stephenson, 100th SFS.

“This lifted our morale to a higher level and brought us closer together,” he said.

“I enjoyed watching all the squads form a tight team—teamwork is paramount when working in a field environment,” said Tech. Sgt. Joseph Higginbottom, 100th SFS.

“My favorite moment was maneuvering a fire team (five members) to take a sniper team (two people)—the sniper team is the hardest to detect and eliminate as they’re trained to infiltrate without being seen or heard,” he said.

“The toughest part for me was being awake for numerous hours—you realize what your body can take and how long it can take it for.”

Things got tougher as the week progressed. “Constantly being attacked did not allow proper rest with a limited number of personnel in such a large area of operation—that was very tough,” said Stephenson.

“This has been tiring but very satisfying,” said Burns. “(When I get home) I’m going to shower, get in my civvies and get a burger.”

With the exercise finally over and both mentally and physically exhausted after being pushed to their limits, the students had already decided on their next ambush—home, to shower, eat real food and sleep in a real bed.



PHOTO BY KAREN ABEYASEKERE

Rocket power: Tech. Sgt. John Murphy, Creek Defender instructor, releases an M-127A1 slapflare which is used for night illumination. This slapflare provides an illumination of approximately 40,000 candlelights emitting a near deafening bang when fired. The cap from one end—which has a firing pin inside—is taken off and put on the reverse end. It is then hit hard on that end (that now has the firing pin) to detonate it.



PHOTO BY STAFF SGT. COLETTE HORTON

Puttin’ on the make-up: Tech. Sgt. Michael Vanatta, 100th SFS, applies camouflage paint as the troops prepare to defend their territory and battle with the enemy.



PHOTO BY AIRMAN 1ST CLASS MEGHAN GEIS

(Above) Ready for ambush: A team from 100th Security Forces Squadron takes cover as they prepare for the next attack.



PHOTO BY STAFF SGT. COLETTE HORTON

(Left) Checkin’ in: Staff Sgt. Geoff Terman, left, 100th SFS, radios to base as Staff Sgt. Jeffrey Gagliano, instructor, evaluates.

PCSing members prepare vehicles for inspection

BY SENIOR AIRMAN KATHY EARP

100th Air Refueling Wing public affairs

(Editor's note: This is a second story in a series of articles concerning information people need to prepare for a permanent change of station move.)

For those members preparing to make a big move this summer, the care required to ship vehicles back to the United States may be a top concern.

In order to leave the United Kingdom, privately owned vehicles must pass through the inspection process at the Vehicle Processing Center located in Brandon, Suffolk.

"The contractors working here are charged with some very serious responsibilities," said James Maddux, contracting officer's representative at the Brandon VPC. "One of our primary concerns is the prevention of foreign pests and diseases from entering the United States."

New procedures for shipping private vehicles from Europe to the United States came into effect April 1, 2001, to better protect the United States from outbreaks such as Foot and Mouth Disease.

"The member no longer has to clean the

undercarriage of the vehicle," said Maddux. "Instead, the contractor who accepts the vehicle will now do this job making it easier and cheaper to ship a vehicle."

Having contractors clean the undercarriage also leaves more time for members to concentrate on the rest of the vehicle and ensure that only clean vehicles reach the United States.

"Last year's outbreak of Foot and Mouth Disease in the United Kingdom is proof of how important it is to prevent the pests and diseases that can hide in soil and dirt from getting stateside," said Michael Burkert, director of the U.S. European Command's Customs Executive agency.

Before accepting a vehicle for shipment, an inspector will check the vehicle's exterior, interior, trunk and area under the hood for cleanliness.

"The person shipping the vehicle must still ensure these areas have been properly cleaned," said Maddux. "When we are giving your vehicle the white glove inspection—or so it seems—it's not just to give you a hard time; they are actually protecting you from bringing back what could be a potentially devastating problem."



PHOTO BY SENIOR AIRMAN KATHY EARP
Squeaky clean: Senior Airman Joel Grice, 100th Air Refueling Wing, prepares his privately owned vehicle for shipment today.

Shippin' tips

The inspectors at the Vehicle Processing Center recommend the following cleaning tips for privately owned vehicle shipping:

□ Exterior: The outside of the vehicle must be clean. Check and clean the area between the front wheels and the front doors. Leaves and dirt can build up causing you to fail the inspection.

□ Interior: The inside should be vacuumed and must be free of soil, dirt, leaves, grass, seeds, insects, food remains, food wrappers, etc. This includes the carpet, under the front and back seats, glove compartment, ashtray, console, dashboard, storage areas, etc.

□ Trunk: The trunk should be vacuumed and must be free of all soil, dirt, leaves, grass, seeds, insects, food items, food wrappers, etc. Members must pay particular attention to the spare tire well, as leaves and dirt can accumulate in this area.

□ Under the hood: This area must be free of all dirt, soil, leaves,

grass, pine needles, insects, etc. These items often accumulate in the grill area, the base of the windshield and corners.

□ Fluid leaks: Be sure there are no engine, transmission or radiator leaks as this is common cause of inspection failure.

□ Fuel level: No more than quarter of a tank of fuel.

□ Non-Operational POVs: Vehicles will only be accepted for shipment as a "non-runner," if major mechanical repairs are needed and the lack of spare parts or excessive costs precludes this in the overseas area. If you have a vehicle in this category, contact Maddux at (01842) 813950. These vehicles are cleared for shipment on a case-by-case basis, and must meet basic safety requirements and no fluid leaks are allowed.

□ On-line help: After your vehicle has been accepted you can track its location online at www.whereismypov.com. Details on Customs and Agriculture requirements of shipping vehicles can be found at www.hqusareur.army.mil and www.mtmc.army.mil/content/599/povpam.pdf.

Airman convicted of desertion

A 26-year-old airman in his second term of enlistment, who deserted the Air Force while on temporary duty to Headquarters, U.S. Central Command at MacDill Air Force Base, Fla., was convicted here April 16.

Senior Airman Nevin Maury III, 100th Security Forces Squadron, pled guilty in a general court-martial to violation of Article 85 of

the Uniform Code of Military Justice, desertion.

Maury, who chose to be sentenced by a judge alone, received a reduction in rank to E-1, 12 months confinement and a dishonorable discharge.

"Normally someone in his position could have looked forward to a respectable career in the military, or separated after his enlist-

ment to seek a civilian career in the same field," said Capt Kelli Donley, 100th Air Refueling Wing staff judge advocate trial counsel. "He could have even used his Montgomery G.I. Bill to go to college and become qualified to work in another area of his choosing. Maury no longer has these options."

A conviction by general court-martial is a federal criminal conviction. It will remain on Maury's record for life along with his dishonorable discharge.

(Information provided by the 100th Air Refueling Wing judge advocate office.)



PHOTO BY STAFF SGT. COLETTE HORTON

Congratulations graduates

Fifty-one members of Team Mildenhall became the newest graduates from the Community College of the Air Force May 3 at Middleton Hall. Two members, Senior Airman Donovan Laskey, 488th Intelligence Squadron, and Master Sgt. Mark Baxter, Defense Courier Service, were awarded education \$400 grants from the Aerospace Education Foundation, known as the Pitsenbarger Awards, during the semi-annual graduation.

CHAPEL

Sunday Protestant services: Religious education at 9:30 a.m. and contemporary worship at 11 a.m. Sunday Gospel service at 12:15 p.m.

Catholic services: Daily Mass is Monday through Thursday at 11:35 a.m., Sunday Mass at 9:30 a.m. and 5 p.m. and confession at 4:15 p.m. Sunday.

Jewish services: Sabbath services on every fourth Friday at 7 p.m. Congregational dinners every second Friday at 6 p.m.

Youth club

Club Beyond is every Friday for middle and high school students to enjoy friends, food and games. The middle school ages meet from 6 to 7 p.m. and the high school ages meet from 7:30 to 9 p.m. in the Bob Hope Community Center. For more information, call Ext. 2822.

FSC

A **Smooth Move class** is from 8:45 a.m. to 12:30 p.m. Wednesday in the Bob Hope Community Center.

This class is for members who are within three to six months of their transfer to a new assignment. The class brings together representatives from base agencies to answer questions.

Spouses are encouraged to attend.

Preventive Relationship Enhancement Program is from 9 a.m. to 4 p.m. May 20 to 21. PREP is a two-day marriage communication workshop. The workshop teaches positive techniques for handling conflict and solving problems.

Basic Money Management is May 22 from 8:30 to 11:30 a.m. Topics include check-book maintenance and savings plans. Mandatory for all senior airmen and below, but open to anyone interested and spouses are encouraged to attend.

The Bulls and the Bears is held from 1 to 4 p.m. May 22. The class is for people who already have a working knowledge of investments.

Bundles for Babies is May 30 from 8 to 11:30 a.m. This class covers everything from infant development to planning for college.

For more information and to register for the above classes, call Ext. 3406.

EVENTS

HAWC classes

The RAF Mildenhall Health and Wellness Center offers a stress relief class Wednesdays from 3 to 4:30 p.m. in the HAWC.

Also offered is a Taming Your Temper class Thursdays from 8

to 9:30 a.m.

For more information and to register, call Ext. 7161.

LAN party

A LAN party will be held May 25 at the Bob Hope Community Center. A LAN party is an opportunity for computer aficionados to get together and network their computers to play games.

Games to be played at this event are Counter-Strike, MOH:AA, and Jedi Knight 2.

Set-up begins at noon.

For more information and computer requirements, go to www.lan-slam.com.

EDUCATION

University of Oklahoma offers a master's of human relations, master of arts in international relations and master of education in teacher education.

Degrees are non-thesis and can be completed in two years or less. For more information, call Exts. 4172 or 98-6186.

Embry-Riddle Aeronautical University offers an associate's and bachelor's of science degree in professional aeronautics with minors in business administration and safety.

Embry-Riddle also offers a masters of science in aeronautical science with specializations in management, safety and operations. For more information, call Ext. 2916.

City Colleges of Chicago's associate in arts degree program offers a choice of over 200 academic distance education courses in a wide variety of subjects. For more information, call Ext. 3473 or visit the Web site at www.ccc-e.org or e-mail mildenhall@ccc-e.net.

Menu

Gateway Dining Facility and Hardstand Café

Today

Lunch: Beef and corn pie, veal paprika steak, baked fish
Dinner: Corned beef, pineapple chicken, Yankee pot roast

Saturday

Lunch: Swedish meatballs, baked chicken
Dinner: Barbecue chicken, baked fish

Sunday

Lunch: Cantonese spareribs, grilled mustardy chicken breast
Dinner: Turkey nuggets, stir-fry beef

Monday

Lunch: Baked stuffed fish, beef pot roast, roast pork
Dinner: Chili macaroni, country captain chicken, beef cannelloni

Tuesday

Lunch: Salmon cakes,

teriyaki chicken, veal Parmesan
Dinner: Meatloaf, turkey a la king, country captain chicken

Wednesday

Lunch: Barbecue ham steak, beef ball stroganoff, turkey and noodles
Dinner: Stuffed pork chops, lemon-herbed chicken, barbecue spareribs

Thursday

Lunch: Herb-baked chicken, southern-fried catfish, stuffed cabbage
Dinner: Baked chicken, roast pork loin, veal with mushroom gravy

(The Hardstand Café is closed on weekends and holidays. For details, call Ext. 2689. For daily menu updates, see the 100th Services Squadron e-mail bulletin board.)

Clubs award scholarships

A total of \$24,000 in Combined Scholarship Awards were handed out to 20 students Tuesday at RAF Lakenheath's Liberty Club.

The CSA, consisting of the RAFs Mildenhall and Lakenheath Enlisted Spouses and Officer and Civilian Spouse Clubs, pool money raised throughout the year to provide scholarships to RAFs Mildenhall, Lakenheath and Feltwell high school seniors. Eligible military and civilian family members received amounts varying from \$500 to \$3,000. Winners were chosen based on grade point average, SAT or ACT score, employment, community service, activities and awards data and an essay. This year winners were:

- ▣ \$3,000 scholarship
Kimberly Reeves
- ▣ \$2,000 scholarship
David Flanders, Dana Miller and Jillian Rennie
- ▣ \$1,500 scholarship
Paige Campbell, Joshua Dougherty and Heidi Smith
- ▣ \$1,000 scholarship
Wade Arave, Sarah Benefiel, Jason DeStigter, Elizabeth Forwood, Tiffany Lancaster, Rashelle Rothman, Jessica Sanchez and Adam Schumacher
- ▣ \$500 scholarship
Vivian Castell, Justin Mainit, Sarah Palandech, Natasha Sutton and Tamira White

(Information provided by the Combined Scholarship Awards)

LHS houses principal of the year

Each year the National Association of Secondary School Principals recognizes outstanding achievement by school administrators.

This year, William Diesselhorst, Lakenheath High School principal, was named the 2002 Department of Defense Education Activity Principal of the Year.

The National Principal of the Year Program recognizes principals who demonstrate excellence in educational leadership, resolving complex problems, developing self and others and community service.

Diesselhorst was recognized for his ability to implement practices that improve student achievement, facilitate a positive school learning environment, promote professional growth, involve community members and maintain awareness of current and emerging issues.

Candidates are nominated and recommended by their superintendent, a student, parent and community member. Each finalist will receive an award and a \$2,500 grant.

The National Principals of the Year will receive an award and an additional \$7,500.

These grants are used to improve learning at the recipient's school, including, but not limited to, a special school project and professional development opportunities.

(Information provided by Department of Defense Education Activity)

Movie Listing

MILDENHALL

Box D Theater

Tonight, 7 p.m. **"Big Fat Liar" (PG)** Jason is a 14-year-old who thinks on his feet and is ready for battle. He has to prove that Hollywood producer Marty Wolf stole his class paper and is turning it into the blockbuster movie "Big Fat Liar." (Stars Frankie Muniz and Paul Giamatti)

9 p.m. **"Super Troopers" (R)** Thorny, Rabbit, Mac and Foster are Vermont State Troopers. Unfortunately, the state has targeted their low volume station for a potential budget slash. Hoping to avoid the axe, the guys buckle down to impress the higher ups. (Stars Jay Chandrasekhar and Kevin Heffernan)

Saturday, 4:30 p.m. **"Big Fat Liar" (PG)**
7 p.m. **"Murder by Numbers" (R)** A tenacious homicide detective and her new partner become pitted against two malevolently brilliant high school students in a battle of wits as they try to solve a murder case. (Stars Sandra Bullock and Ben Chaplin)

10 p.m. **"Rollerball" (PG-13)** Jonathan is the most popular player in Rollerball, and is living the high life for giving viewers what they want. Things go wrong when Rollerball's creator realizes that serious on-court accidents bring higher ratings. Soon Jonathan and his friends are playing for their lives. (Stars Chris Klein and



COURTESY PHOTO

Pants on fire: Jason, center, is a 14-year-old who's trying to prove a Hollywood producer stole his class paper and is turning it into a hit movie in "Big Fat Liar."

LL Cool J)

Sunday, 3:30 p.m. **"Harry Potter and the Sorcerer's Stone" (PG)** Harry Potter is invited to study at Hogwarts School of Witchcraft and Wizardry and is delighted to find a new world of magic and fantasy, as well as new friends. (Stars Daniel Radcliffe and Sean Biggerstaff)

7 p.m. **"Murder by Numbers" (R)**
Monday, 7 p.m. **"John Q" (PG-13)** When John Q. Archibald's son falls seriously ill and needs an emergency heart transplant operation, John Q finds he can't afford it, and his health insurance won't cover it. (Stars Denzel Washington)

Tuesday, 7 p.m. **"Rollerball" (PG-13)**
Wednesday, 7 p.m. **"Murder by Numbers" (R)**
Thursday, 7 p.m. **"Murder by Numbers" (R)**
9:30 p.m. **"Rollerball" (PG-13)**
12:01 a.m. **"Spiderman" (PG-13)**

LAKENHEATH

Pineview Theater

Tonight, 7 and 10 p.m. **"The Scorpion King" (PG-13)** In the notorious city of Gomorrah, an evil ruler is determined to lay waste to all the nomadic peoples of the desert. The few remaining tribes, never natural allies, have to unite or perish. Knowing their enemy relies on the visions of a sorcerer, they hire a skilled assassin, Mathayus, to eliminate the visionary. (Stars The Rock and Kelly Hu)

Saturday, 4 and 7 p.m. **"The Scorpion King" (PG-13)**
10 p.m. **"Super Troopers" (R)**
Sunday, 3 and 7 p.m. **"The Scorpion King" (PG-13)**
Monday, 7 p.m. **"The Scorpion King" (PG-13)**
Tuesday, 7 p.m. **"Rollerball" (PG-13)**
Wednesday, 7 p.m. **"The Scorpion King" (PG-13)**
Thursday, 7 p.m. **"The Scorpion King" (PG-13)**

SPORTS SHORTS

British American football

The Ipswich Cardinals are a British team playing American football. Team members include players from RAFs Mildenhall and Lakenheath.

Members interested in watching the Ipswich Cardinals home games can check out the team website at www.eteamz.com/ipswichcardinals/ for dates and directions.

For more information, call Amanda Sprosty at Ext. 3064.

May Fitness

May 11: Spin-a-Thon from 10 a.m. to 6 p.m. Volunteers are needed to keep at least one bike going the entire time.

May 13 to 16: Tennis tournament from 10 a.m. to 2 p.m.

May 17: Worldwide 5K Fun Run/Walk. Starts at 10:30 a.m. in front of Middleton Hall.

May 22: Relay Walk-a-Thon from 6 a.m. to 6 p.m. for teams of five people.

For more information, call the fitness center at Ext. 2349.

Baseball registration

Saturday is the final day to sign up for baseball, T-ball and softball. Cost is \$25 for members and \$30 for nonmembers. The season begins May 28 and lasts until Aug. 1.

There will be a coaches meeting May 16 at 6 p.m. at the youth center. For more information, call Ext. 2831.

June sports

June 8 to 9: Army/Air Force Volleyball Championships at RAF Mildenhall.

June 10 to 14: U.S. Forces Golf Championships at Ramstein Air Base, Germany.

June 11 to 13: AirNorth Track and Field Championships at Rhein-Main AB, Germany.

June 15: U.S. Forces Mountain Bike Championships at Aviano AB, Italy.

June 17 to 23: USAFE Soccer Championships at Aviano AB, Italy.

June 22: Ultra Bodies III at the Galaxy Club. Pre-judging starts at 10 a.m. and show is at 6 p.m.

June 28 to 30: Army/Air Force Soccer Championships at Aviano AB, Italy.

June 29: USAFE Cycling Championships at Spangdahlem AB, Germany.

For more information, call the fitness center at Ext. 2349.



PHOTO BY MASTER SGT. TIM HOFFMAN

In-line online

Members from the youth sports in-line hockey league 10 to 12-year-old team battle for the puck. The children play Thursdays and Saturdays with the season running until the end of May. For more information on youth sports, call the youth center at Ext. 2831.

Extreme Summer opens for all

BY STAFF SGT. CHUCK MARSH

100th Air Refueling Wing public affairs

Summertime is just around the corner, bringing with it the 100th Services Squadron's Extreme Summer 2002. The U.S. Air Forces in Europe-sponsored campaign officially kicks into action June 1, but online registration is open now.

This year the program has expanded and is open to all active duty military, Department of Defense civilians and their family members 8 years old and older.

"The program is now open so everyone can compete," said Karen Woods, 100th Services Squadron. "It was such a big success with youths that the program managers decided to make it bigger."

The plan is to do a big push encouraging all members to participate, but at the same time not forgetting the children.

"We're trying to get as many people participating as we can," said Woods. "We're also trying to get people to enroll their kids into the USAFE-sponsored summer youth camps. The deadline for registering them is May 23."

With the program open to many more people than in the past, it has been broken into three categories: one for teens; one for E-1 to E-5 and their family members; and a

third category for E-6 to E-9, all officers, civilians and all their family members.

"We're trying to push people to register online between May 9 and 15," said Woods. "Once they're registered, they go to an event with their voucher and get a game piece. They then go online to log the points and some people will notice their pieces are instant winners."

Participants will earn points for contests and activities. In addition, there will be more than 1,500 instant prizes available to members when they log their points online at the contest's Web site www.extremesummer.com.

"Pretty much everything you do in a services facility can earn you points—from eating meals to working out

or taking classes," said Woods.

Some of the people coming to visit as part of Extreme Summer are American soccer legend Paul Caligiuri, blind mountain climber Erik Weißenmayer and Mickey Mouse.

"I'm expecting it (Extreme Summer) to be good this year—I think it'll be even better than last year," said Patrice Cox, School-Aged Program desk clerk.

The program runs until Aug. 31 with more than \$200,000 worth of prizes to be won with a grand prize—a trip to all four Disney theme parks in Florida—being awarded in early September.

EXTREME SUMMER!